

Effective immediately, the County of San Diego has closed all congregate senior meal sites in San Diego. This includes all Serving Seniors congregate meal locations.

Meal Services During COVID-19 Pandemic

Home-Delivered Meals

All seniors age 60 and above can sign-up to receive meals delivered directly to their door.

Call or email to sign-up:

Call: 619-235-6572 and select Option 1

Email: meals@servingseniors.org



Home Delivery Safety Protocol

- All drivers and food delivery staff will be wearing masks and gloves and following recommendations by the CDC
- Food delivery staff cannot enter client homes
- Food delivery staff will knock or ring doorbells and wait for clients to answer the door
- Food cannot be left on a doorstep unattended. If no one answers the door, a notice will be left that a meal delivery was attempted

To-Go Meals

Seniors without access to a deliverable address are able to pick-up meals "To-Go" at our flagship Gary and Mary West Senior Wellness Center.

Gary and Mary West Senior Wellness Center

1525 4th Ave, San Diego, CA 92101
Breakfast pick-up Mon-Fri, 7-8 a.m.
Lunch pick-up Mon-Fri, 11-1 p.m.

If you think you may have been exposed to COVID-19

- Call a healthcare provider and seek medical advice—It is important that you call ahead before going to a doctor's office or emergency room and tell them about your recent travel or close contact and your symptoms.
- If you are unsheltered, call 211 to locate shelters with a public health nurse onsite
- Avoid contact with others—Do not go in public, to work, school, or travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

About Us

Serving Seniors is a nonprofit organization providing meals and services to low-income seniors (age 60 and above) in San Diego County. We help older adults live healthier, happier lives!